MARCH | 2020

Garaway Schools Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Blueberry Muffin w/ String Cheese OR Pancake & Sausage on a Stick Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	3 Trix Cereal w/ Cinnamon Grahams & Juice OR Sausage & Biscuit Sandwich w/ Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	4 Egg & Bacon Pizza OR Cinni Minis Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	5 Cinnamon Pop-Tart w/ Graham Crackers & Juice OR Sausage Gravy & Biscuit w/ Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	6 Lucky Charms, Cinnamon Goldfish w/ Juice OR Apple Cinnamon Texas Toast & Juice Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk
National School Breakfast Week – ***Enjoy a Breakfast Get a Prize everyday***				
9 Egg & Cheese Sandwich OR Pancake & Sausage on a Stick Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	10 Frudel OR Sausage & Biscuit Sandwich Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	11 Banana Muffin w/ String Cheese OR Cinni Minis Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	12 Cocoa Cherry Bar w/ Hard Cooked Egg OR Sausage Gravy & Biscuit Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	13 End of 3rd Qtr Froot Loops, Honey Graham Crackers & Juice OR Apple Cinnamon Texas Toast & Juice Choice of Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk
16 Apple Cinnamon Muffin w/ Hard Cooked Egg or Strawberry Yogurt Parfait Choice of Fruit Juice, Fruit Cup, Applesauce, Craisins, Raisins, or Fresh Fruit Choice of Milk	17 Blueberry & Cheese Twisted Breadstick OR Cinnamon Toast Crunch Breakfast Kit Choice of Fruit Cup, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	18 Mini Waffles OR Cocoa Krispies Granola Bar Breakfast Kit Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	19 Choice of Cereal or Strawberry Yogurt w/ Strawberry Chex Mix Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	20 Sausage Gravy & Biscuit OR Apple Jack Breakfast Kit Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk
23 Chocolate Chip Muffin w/ Hard Cooked Egg or Trix Breakfast Cereal Kit Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	24 Choice of Cereal OR Sausage & Biscuit Sandwich Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	25 ! Mini Waffles OR Egg & Bacon Pizza Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	26 Choice of Cereal OR Strawberry Pop-Tart w/ String Cheese Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	27 Sausage Gravy & Biscuit OR Lucky Charms Breakfast Kit Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk
30 Blueberry Muffin w/ Hard Cooked Egg OR Egg & Cheese Sandwich Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	31 Choice Of Cereal OR Fruit Frudel Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	1 WAFFLE WEDNESDAY! Mini Waffles OR Cinni Minis Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	2 TWISTED THURSDAY! Cinnamon Roll OR Cocoa Cherry Bar w/ String Cheese Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk	3 FANTASTIC FRIDAY! Sausage Gravy & Biscuit OR Froot Loops Breakfast Kit Choice of Fruit Cup, Fruit Juice, Applesauce, Craisins, Raisins or Fresh Fruit Choice of Milk

News

We know that it is more important to eat our fruit then drink our fruit juice, which is why we offer a wide selection of fresh, dried and canned fruit. However, we know that some students are not willing to try new things so we offer a ½ cup of fruit juice every morning so they can get a dose of essential vitamins in the morning. The juice does not offer the fiber that the piece of fresh fruit would so we offer ALL WHOLE GRAIN breakfast items. Breakfast is FREE for all free and reduced students and only $1.00 for paid students.

This institution is an equal opportunity provider. As much as we do not like to change the menu there could be times when food supply demands it. If possible, we will let students know the day before if there are changes.

MARCH | 2020

Garaway Elementary Schools Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 2) Cheese Mozzarella Bread w/ Marinara Dipping Sauce OR choice from Grab & Go Menu (see sidebar) Steamed Broccoli & Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**3** 3) Pepperoni Pizza OR choice from Grab & Go Menu (See Sidebar) Mixed Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**4** 4) Popcorn Chicken w/ Teddy Grahams OR choice from Grab & Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**5** 5) Walking Tacos OR choice from Grab & Go Menu Fiesta Black Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**6** 6) Twisted Toasted Cheese OR choice from Grab & Go Menu (See Sidebar) Tomato Soup Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
9 7) Hotdog, Sloppy Joe, Coney OR choice from Grab & Go Menu (See Sidebar) French Fries Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**10** 8) Chicken Fries OR choice from Grab & Go Menu (See Sidebar) Country Trio Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**11** 9) Cheese Pizza OR choice from Grab & Go Menu (See Sidebar) Green Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**12** 10) Mini Corn Dogs OR choice from Grab & Go Menu (See Sidebar) Baked Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**13** End of 3rd Qtr 11) Cheeseburger on a Bun OR choice from Grab & Go Menu (See Sidebar) French Fries Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
16 12) Chicken Nuggets OR choice from Grab & Go Menu (See Sidebar) Steamed Carrots Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**17** 13) Mexican Pizza OR Meatball Sub OR choice from Grab & Go Menu (See Sidebar) Steamed Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**18** 14Mini Pancakes, Sausage Link and Hash brown Potatoes OR choice from Grab & Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**19** 15) Honey BBQ Rib Sandwich or Chicken Patty Sandwich OR choice from Grab & Go Menu (See Sidebar) Baked Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**20** 1) Maple Glazed French Toast Sticks w/ Sausage Links OR choice from Grab & Go Menu (See Sidebar) Hot Cinnamon Apples Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
23 2) Cheese Mozzarella Bread w/ Marinara Dipping Sauce OR choice from Grab & Go Menu (see sidebar) Steamed Broccoli & Cauliflower Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**24** 3) Pepperoni Pizza OR choice from Grab & Go Menu (See Sidebar) Mixed Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**25** 4) Popcorn Chicken w/ Teddy Grahams OR choice from Grab & Go Menu (See Sidebar) Mashed Potatoes w/ Gravy Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**26** 5) Walking Tacos OR choice from Grab & Go Menu Fiesta Black Beans Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**27** 6) Twisted Toasted Cheese OR choice from Grab & Go Menu (See Sidebar) Tomato Soup Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice
30 7) Hotdog, Sloppy Joe, Coney OR choice from Grab & Go Menu (See Sidebar) French Fries Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**31** 8) Chicken Fries OR choice from Grab & Go Menu (See Sidebar) Country Trio Vegetables Tossed Salad, Fresh Vegetables w/ Hummus, Variety of Fruit Choices & Milk Choice	**1**	**2**	**3**

Grab & Go Meals

We understand that all children may not like what our special of the day is so we have optional meals every day. If our hot item of the day does not suit our customer they can choose one of the following entrees:

Option A: Peanut Butter & Grape Jelly Uncrustable w/ String Cheese & Goldfish Crackers.

Option B: Trix Strawberry Yogurt w/ Granola, String Cheese & Goldfish Crackers.

The following meal options need to be ordered a day ahead:

Chef Salad, Fruited Yogurt Parfait or Ham and Cheese Sandwich.

Please see your teacher or lunch lady for details.

Reduced - $0.40
Elementary - $2.95
7-12 - $3.20
Adult - $3.70

This institution is an equal opportunity provider. As much as we do not like to change the menu there could be times when food supply demands it. If possible, we will let students know the day before if there are changes.